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Thoughts From The heart

By
Salwa Ahmed

Thoughts From The heart/ Poetry Collection

Salwa Ahmed

First Edition

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Poems

Salwa Ahmed

First Edition
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Dar Oktob



I dedicate this book to:

The only mean of giving in my life (My Mother) God bless her, and for the light that shine through me (My Father) God rest his soul,

And to my lovely Brother for supporting me all my life

I also, want to thank all my friends who were beside me to let this book come to life.

And a special thank to Hebat Allah Khalil, and Sally

Thank you all

Salwa Ahmed



Feeling I don't know

Standing my whole life + still
Feeling of something I can't tell
Feeling I really don't know
Sometimes I feel my soul had reached the answer
But when I ask, she tells me she doesn't know

Sometimes I fail + faint
For not knowing the reason of my complaints
And when I find no way out
To rescue myself, I cry + weep

Then I see a thread of hope

So all I have to do is to trace the track
Or deny all of this + return back

It seems like I'm near but I'm still so far
I don't see except a hollow with no end
I got into it, the door was shut
Then, I blamed myself for getting into it

The only way, I could get to
Is to continue the way of my fate
And I have to believe that
God will bless me in every step I take.

Glory

I have my own world
Built with my imagination
I drew my own lines
I live the life I choose
Laugh when I want
And cry when I need

I'm free as much as I can
And if I drift away
I drift by my own way

It doesn't matter how I look or
be
Because my true mirror is so deep
inside me

And when troubles come and I
feel down
This mirror reflects my inner
glow
Saving its effect to remain the
glory for the end of days
Someday I'll have the chance
For what I have shown
To shine for what I have known

And if I go away
What will still remain?
Me?!
Or the glory I have gained.

War

On a very beautiful day
Of a bright blue sky
When the children play
And the birds are free to fly

Everybody took an eye
When they heard a child's cry
For seeing his parents die

As time goes by, the sky turns grey
I took a look at a guy
Who stood staring at his beloved, laid?
Asking her to stay for another day

But there is no way
Fate will not obey

When the time is passing by
And the tears began to dry
And the souls still rising high
And the peace have said goodbye

We all asked ourselves, why?
Why hate doesn't die
When faith turns to lie
And nature turns to be a spy

There is a price that people have
to pay
When mercy decays
And even feelings are to buy

We will all have to pray
And ask the hope to shoot a ray.

Who Knows

Who can say when the rain falls?
When the rose grows
When the world begins
When we stop, when we start
And why you say it's now and not
then
Who can say why we hurt
Why we forgive or defend
Who can say where the river flows
Where the life can take us
And where we will go then
And who can say when the journey
ends
Who can say that all
And who knows.

My Road

One road was drawn for me
One road will start for me
One road I will only see
One road will be ended by me
One road, only in this life, will
be

Then why should I seek another
Could this thing make me bother?
One road and there not will be
another
Even if I want this road or
another
Nobody chooses his mother
Can anyone change his father?

Deal with it

Whether you like or not

Maybe you will follow a shortcut

To reduce its long distance by a hit

By your sense you can color its tones

By your spirit you can pass its difficulties

By your wings you can race its winds

By your soul you can fly over it all

By your power you can leave your trace

This road can be your heaven
Live it right as there is no way
back again
You take it once
We will all pass it in a glance

The Feather

Above the universe
And heaven's horizon
Seeing the shadows play
And the clouds are rising high

With a bit of luck I noticed
A thread of light dividing
Into the smoke which is hiding

Hearing the wind's whispers
Calling my name
Feeling the wind's touch
Touching my aim
Breathing the wind's breath
Changing the souls

I closed my eyes
When I saw a feather
Swimming in the skies
Passing the stars

Laying on the clouds
Racing the shooting stars
Dancing with the wind
Passing all through

And with another view
It finally catches the dew
Which colored the sky with blue

I opened my eyes then
I found the dawn

Where kisses were blown
And smiles were drawn
Then I found myself standing all
alone.

Quiet

Hush..... Stop
Seize this moment it is here
Be quiet. that's all what you need
Don't cry don't weep
Quietness could raise your deed
There is a good part so deep
Look, that's all what you need.

Human race

Look, there is still air in this
world
It can fill my lungs and yours
and the entire world
So why you want it all

Close your eyes and wipe your tears
Dream...... ....
What your life could be
If you are the only one
And if you have known everything
Then why you will need me
Wouldn't you be bored?

Share others the world
It's our life
Not only yours

Prepare yourself to start all over again
There is still time to mend what you have broken
Because it's not the end
Don't be afraid you can end what your fears can't begin
Sure, the broken things can't be mend
But you must admit that, new things can be born

Just open your heart
And open your mind more
The world can hold us
So why can't we handle the world.



Someone like you

Could you love me for who I am?
If I am so weak
So fragile that could easily break
But that all I kept inside

As I wish to keep my pride's peak
Because you know I couldn't hold
for a pity sigh
That could kill me twice.
And could turn me like a dice
You know I will not speak
All I will do I'll be a freak

Could you be that someone
Someone who makes me feel safe

And never asks for a rate
And never gives tiny things a weight
And believe in whatever will bring our fate
Because may be we didn't start by a date
But you know you will be my soul mate

Will you heal all my pain?
Without any vain
Will you break all the chains?
Will you be that person?
That raises me up and never asks for a gain
That catches me if I fall

And keep doing like leaves catch
the rain'
And catch it all over when it
falls again

Why do I feel that grief?
I didn't even get deceived
Isn't this so weird

Will you erase my fear?
Will you prevent my eyes from
dropping any tears
Will you always be near?
Will you be really my dear?
I have just made it so clear
So don't you shut your ears

If there is just a sign
That I'll be sure you will be mine
Could life be so fine?!
I am walking on a wire
Above a whole world of fire

How could you know what's on my mind
I know you're not blind
But what could you find!!!

If that's a way
To cheer up my day
And shoot me a happy ray
What could I say?
Come what may

Will you arise up my soul as the
birds rise?
Would you light up my days?
In many different ways
Like the sun rays
As winter says

That was, is and will be
My fairy tale

Will you kiss my pain goodbye?
And make my laugh never die
And let it shake the sky
And be sure all my tears get dry
And I will never ever ask you why

Will you be there for me?
Will you appear for someone you
don't know?
Will I see you?
Will it be true?
If I ask for.... will it be you

Or hold it back all away
And say it's not me
How could I love someone?
Who doesn't exist yet in my life
And may be not, may be never
How could I.......

Nothing

Nothing you can lose
If there's nothing you can fear
Nothing you can choose
If you don't know the meaning to
please

Nothing you can achieve
When there is no place for your
cheers
If there is no hope can be seize
Then no thoughts can be sieve

Nothing you can feel
When senses freeze
Nothing can heal

The heart that never stops the
grief

Then what's the need to chase the
breeze
If you can't breath
Break the siege you built around
you
Or search for a hole to make you
pass through

Angels around You

Angels fly around you
But, you don't feel
They guard you all the time
And you don't care

You won't be able to see them?
Because you don't want
You couldn't touch their wings?
As you lost your sense somehow

But, because you don't deserve to
Now, you are all alone

Whether you like it or not
Positions change places

And Life goes on
In some different way

Your solitude now made you stare
In the emptiness of everywhere
And now, it's just too fair.

No Name

I woke up one day
I found everybody on the other way
Believing that I'll never be back again
And if I did I'll never be the same

I even stand against my soul
With all the power I have to control
The way of living without a role
Defending and mending the heart that was broke

For all my life I've been waiting
to fall
And Oh, now it's time to see me
alone
So what can I say I can't even
talk
I'm speechless I'm deaf, blind
and all

I've fell from the highest peak of
my hope
And drown in the shallowest part
of my soul
I feel my soul is floating over my
body
And when I try to catch it, I
can't hold on

Rise High

Rise high every morning everyday
Rise high there is no other way
Rise high don't look down
Gravity can pull you
But you can push the ground

Fly if you can
Time can make you float
No matter how hard
No matter the fate
You can change the rate

Chances can come and fade
You don't have to wait
Don't let the wind take you away

You can bend
But don't break

You can see your passion's reflections
But you can't see it as a trace
Use your full power to catch the stars
You can rest on the clouds on the way
Recharge your spirit
You don't know what time may bring you someday.

Long Ago

And after all these years, I saw
you again
Is it a chance or just a heart
quest?
How could I deal with such
feeling?
That once its heat could melt an
iceberg
I can't believe that this feeling
turned to that iceberg now

I kept on running from that day
the whole life
And by a chance I met you again

Oh God, now this feeling has faded away
And those days vanished in front of me
Why we keep on running instead of facing
Maybe what we kept on believing is just only in our heads
And there is nothing outside it
Shall I keep on going or go and say hello
Here we are shaking hand to hand
And sound asked, "Who I am?"
Other sound answered, "A friend of mine"
I heard me completing, "That was long ago".

Someday

Someday all the love you have stored
You will use it all

Someday all the feelings you have kept
You will show it all

Someday all the memories you have had
Will replay again

Someday all the bad things that had feared you
Will all be vanished away

Someday all the dreams you have dreamt of
Will wake you up to grow beside you

Someday all the people you have wished for
Time will bring them near

Just someday may come to change
The whole world around

And Someday all the people I've missed
I will catch them all with a cheer.

Invalid Fleeing

When you feel desperate
Alone thinking in this world
When you think that you can't
find someone to share your thoughts
And your soul tells you more
That there is no place in the
world for you
When you find no place to hide
Beginning to act like a hideaway
person
People can see you but you are
invisible

That was an invalid inner feeling
Your soul had persuaded you with such thoughts
That you believed easily
Although they could hear you
You thought they were deaf
Although they could see you
You thought they were blind

They were of open minds and hearts when hearing you
You denied all these things
And you acted like a fool

Don't discharge your anger without knowing the truth

Recreate your consciousness,
And sure you'll find who can share your thoughts
And will be who will share your dreams too.

Pretend

To pretend to live a life so passionate
Close your eyes and pretend to fly high
Pretend to touch the moon
And whisper to the winds

Pretend to climb to the stars
And catch the shooting ones
Lay on the soft clouds which are so comfortable as I think

Pretend to play a rhyme
And sing to the sun

That splashes your face with tender rays

Will you just pretend?
If you could steal a moment and pretend
To change your mood and if you can't
You can pretend you did.

The Prisoners of the Soul

The truth that you can hold in
your soul
You can hold it more than anyone
in the whole world
Will you have the ability to change
the order?!
Could you release some of what's on
your shoulders?!
Could you ever play a new role?!
Or you are just a brave soldier!

Those secrets behind your soul
Making you much older
They are increasing
They are getting bolder

Those are the prisoners of your soul
You have no right to free them
You can just keep on holding

But when their time comes
You can't hold them, no more
Those are the times that you can't
feel
Can't smile or cry
You can't even breathe
Those times you will stand still
That's their time to be released

Open for them
They are so weak
As they are too old
They might be freak!

Don't worry
There is nothing to fear
They will be vanished
Once they feel the freedom is near
Maybe they will return back to you
But on this time, sure You will beat.

By yourself

There's nothing wrong with you
It's just the way you deal with
things

Even the sun can't see
When it's not clear

Whenever it could shoot its rays
Most of them can't pass
While others can glow in their
straight way

Don't push on yourself
Trust the little thing in you
And put the bad one on the shelf

Deal with every means to let you
pass through
Through the other side of you
The side that you didn't know yet
That side can be your friend
And you can use to defend

The wind may bring you
What your ship can't hold
Prepare for what you're going to
mend

Because maybe you can't attend
To catch the time you need to
spend
For the things that you have to
prevent.

Believe

When you screw up a thing
You have to learn how to fix it
Cause one day you will be broken
And nobody will help you
So you have to be ready to fix yourself

Don't give up, you have to try and try
Everybody has to be broken sometimes
It's just the role of the life
When we fall we have to rise
Just believe in you

And yourself will teach you how to
go on
But first you have to admit
To climb high
You will need a push
This push may come from you too
So you can fly with no stop
You may reach the clouds
But you can't be in heaven

If it's not time
Don't rush up
When your time will come
You'll reach every peak
And as much as your strength says
You will stand still for it.

Shaping

You're struggling and acting as
you are
But you are really not what you
are
You swallow your dignity, your
pride
To have a chance to stand on your
good side

But you cheat on yourself
Because that's not what you're
rolling for
And it's not the way you act...
Spend your life shaping yourself

Instead of changing your mind
and soul

Are you wasting your life?
Or the life that's wasting you
Spending the days waiting for
something
That doesn't exist
Or does it exist and you don't
know!

Maybe you're not on the same side
where it might be
Could you be in the wrong
direction?
Or you just can't see.

Feel

As time goes by you will find it
more pinkie
As time goes by you can find it
darker
That's what they have said to you
Could it be the truth?

Because it's not the same with me
But, I found it in another way
I kept on throwing away
everything they told me
And just believe everything I feel
Believe in what your heart tells
you

What could you feel through the souls
What the faces tell and show you
Put your hands on your ears,
Don't hear anything, and just feel

This feeling will raise you up
And swing you as if you have wings
As life is full of many ups and downs
There are thousands of feelings to be felt
But don't hear I just want you to feel.

Meanings Lost

Some people search for gold
Some others search for sand
Some people search for hope
Some others search for land

Who doesn't searches for the value?
Who ever search for the meanings?
Who scarifies for others
Who doesn't hurt others' feelings

We all ask for things
And forget all we means
Forget what we felt
Forget what we meant

Because the aim for what we
came for
Is not the reason why we want to
live more.

In My Head

If that's the way it's got to be
How could I see?
Except me

How could I be nearby my thoughts?
If I didn't find the way of those things
Then how could they be born
If I don't know how to begin
They are frozen in my head
No they didn't even come

And what else could I say
If I'm a body that couldn't talk

That feels but with no reactions
I can see things but I can't do anything
I can't rush to my thoughts
I can't even crawl to them

What can I do in the end?
Shall I cry?
And could this help
No I don't think

Nobody cares if even I'll go to hell
Now, or then or at the end
Nobody cares then.

If You Learn To Forgive

Will you forgive me if I hurt you someday?

We were so young we couldn't

Knew that those moments may not come again

And may turn on us one day

And will you forgive me if my feelings to you changed

And may return in another way

I am here all alone waiting for such a feeling

To bring you back again

With your smile drawn on the face, that I didn't and will never forget
And the passion that shine through you

I can't believe what happened to leave you going away
Oh, I'll be such a fool if I leave you again
If you just return to me one day

We're not angles for not to blame
We are humans who made to make mistakes
And hurt and learn to forgive and forget

As I wish you to do in your special
way
It's never too late
Can we start all over again?

Me

If I want to say goodbye
For a lonely night that may die
And ask myself a question

What else could I be, except me?
Could I be he or she?
Could they be me?

If there is an exchange of places
Would I be free?
Would they be pleased?
How could they feel?
Free or happy for putting me in
such things!

And what I'll be
Nothing but no one
Then I am glad to be me
That masterpiece as it be.

The Moment Comes

The moment comes
The peace finds no way to run
The world will be so wonderful
When hate is gone
The mysteries are now clarified
Cheerful will be the beautiful sun
Everything is colors with fun
When love can be the master of
the world again
All griefs will, vanish
All principles will be varnished
And humanity will rise again
If your mind can't get that far
Try to concentrate
I know you can't change the fate

But you can dream
May one day it could be fulfilled
It's a delayed dream
That has been exaggerated.

Will you

Will you have that control?
And stop feeling bored

Will you have the challenge?
To race your goal

Will you have the ability?
To remove the dust that covered
you more

And will you have the courage
To confess for what's in your soul

Will you have the power
To free your tongue of the sour

Will you save yourself?
From what you're getting to

Will you just do anything at all?

Will you make a step and open
the door

Can it be you or will you borrow
another soul

They Are Here Around Me

They are flying around me
I don't know why
They are smiling
And holding me tight
I am rising up high
Swimming in the sky

Could it be them?
Am I just dreaming again?
Or is it really true?
If it's not true then how could I
have known

They are all around
They can hold you too

Believe me I can feel them
through
Through the pure souls

Faces have faded
Bodies are hollow
And what remains is the glory
That made me believe more
Someday you will be sure too.

The Journey

It's time to begin
The nonstop journey that never ends
Saving all the passion I've gained
Wasting all the pain I've earned
Spreading all the smiles I've made
Drying all the tears I've shed

That journey I've always dreamt of
Waiting to achieve the invisible world

Flying so fast
Recalling my past
Cleaning it from the dust
Collecting the present is a must
And the future may not ask
As this night may be my last

It's time to give the excuse I've
always hide
To clear what I've held inside
To speak what I've kept in mind
And defend that soul behind
That soul that I've finally found

Thank God that it is the time
To purify me to the prime.

The Truth

Feel like you're lost
Nobody understands you
No matter where you stand
You are alone!

And even friends seem out to harm you!
Could the time be out to charm you?
That's why you need sometimes on your own
Because even your soul despise you

Never mind to talk now
Say what you feel

Nothing lasts forever
And everything is changing
There is a different kind of truth
That sets the spirit free
If you don't want to know
What's written inside of you?
How could you see or be anything
The truth that is in everything
That is and has been and will be

Something is changing inside you
and don't you know
Just stand on the good side of your soul
And you'll pass it all.

Tenderness

Teaching the hearts tenderness
Is such a hard thing
When they grow with harshness
As there is no mountain can be
hauled

Maybe winter's wind can cool the
fire's heat
And maybe the woods' beasts can
gently be defeated
But nothing can beat a cruel
heart
That could tear the world apart

Tender hearts can catch you

If you fall from the highest peak
This is something you have to know
It's time to seek for, because you
are now, so weak
And if nobody caught you,
You will break

Life could be charming
When you teach your senses to race
the wind
Let it be everlasting
Then, you'll have a powerful end.

The Dawn

She's a white dove
Going out in the grayish dawn
Flying in the early morning
Searching for the perfect life

Climbing up for the upper skies
Seeing freedom in front of her
eyes
Giving out a whisper sign
Flying up, that's all what she
wants

Here is it, the sunset
And she is still searching for the
way

She could collect herself all together anyway
So it's getting darker in front of her eyes everywhere
As she was trying to catch any branch
That makes her survive for one more day

When Sunrise

When the sun is going down
I feel my soul has captured
Descending the power of nature
My spirit has become desolated
Like a soul destitute of hopes

Then the dawn has come
My spirit began to be released
Trying to find the light
Searching for a new life
Denying my pains and cries
Suffering from the pain of
everywhere

Something I don't know makes
me cry
What can I do?
Shall I draw a breath?
Or draw down the curtains of lies.

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Once upon a time
There was a great Land
I thought it wasn't mine
But I had to stand

There were many signs
To show it's rulers were blind
Then it was the time
To say NO (peacefully step down)

Traitors blown their betrayal winds
Bullets to the hearts
Other in the heads

Till one call was sent
One Nation that never ends
As a whole world to defend

All together this Land,
Will get it back
Hand in hand
Back to back
Till the end

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